

Trainings to be held at:
Lincoln Lancaster County
Health Department
Lower Level Conference Rooms
3140 "N" Street
Lincoln, Nebraska

**Enter off "O" Street,
park in East parking
lot. Enter from the
East door, take
elevators down to
lower level**

Funded by:
Lincoln/Lancaster
County Health Department
and
Lincoln-Lancaster County
Regional Training Project



Journey to one
or all of these
FREE Trainings!

Childhood Obesity: **NEW**
Reversing the Trend
September 19, 2006 - 6:30 - 8:30 pm

Make Germs Walk the Plank:
Illness Prevention
October 17, 2006 - 6:30 - 8:30 pm

"Super Vision": Seeing the
Child Care Environment
in a Safe New Way
November 21, 2006 - 6:30 - 8:30 pm



Register by the Friday
before the training!
441-8023

Explore these
safe and healthy
child care
trainings!



Gina Egenberger,
Child Care Health Consultant
and Lincoln-Lancaster County
Health Department Staff

Lincoln-Lancaster County Health Dept
Lower Level Conference Rooms
3140 "N" Street
Lincoln, Nebraska



PUBLIC HEALTH | Every One.
Every Day.
Every Where.

Childhood Obesity: Reversing the Trend

Childhood obesity is a huge concern with today's youth. Learn how you can make a difference by instilling behavior changes in diet and exercise that will reverse this trend. We will discover...

- ~~~~~ Ways to incorporate active play into your day.
- ~~~~~ How simple diet changes can make a big difference.
- ~~~~~ Techniques for sharing information with parents.

*Gadgets to get you
Moving provided!*

Tuesday, September 19, 2006
6:30 - 8:30 p.m.

Make Germs Walk the Plank: Illness Prevention

Do you have sick children in your care? Wonder what to do? Our adventure will guide you through....

- ~~~~~ symptoms and guidelines for illness exclusion.
- ~~~~~ ways to prevent illness in your facility.
- ~~~~~ how to use daily health checks.
- ~~~~~ solutions for working with uncooperative parents.

Illness prevention incentives awarded!

Tuesday, October 17, 2006
6:30 - 8:30 p.m.



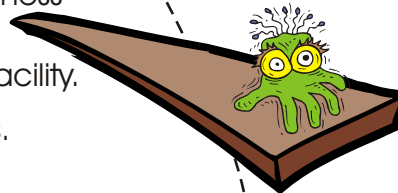
"Super Vision": Seeing the Child Care Environment in a Safe New Way

Preventing hazards, risks, and challenges in the child care environment may feel like "Survival of the Fittest". We will conquer...

- ~~~~~ barriers to maintaining a safe child care environment.
- ~~~~~ How to identify health and safety hazards.
- ~~~~~ supervision problems.

*Cool freebies for a safe
child care environment!*

Tuesday, November 21, 2006
6:30 - 8:30 p.m.



Mark your
calendar
for these
Trainings!

Free Treasures
at every training!

Explore map on the
back for location!

Credit toward annual
in-service requirements.

Register by the Friday
before the training!
441-8023